Volume 9, Number 17 October 15-28, 1994

UCSF Newsbreak

Genetics expert Y.W. Kan receives $6.1 million for sickle cell anemia research

By REBECCA HIGBEE

Genetics expert Y.W. Kan has received a five-year, $6.1 million grant from the NIH's National Heart, Lung, and Blood Institute for a research project that may lead to gene therapy for sickle cell anemia, a common inherited blood disease.

"With the advent of gene transfer technology, gene therapy is under clinical trial for several genetic diseases, as well as cancers such as melanoma," says Kan, who also is professor of laboratory medicine and an investigator in the Howard Hughes Medical Institute. "We hope that this promising technology will eventually help patients who have sickle cell anemia."

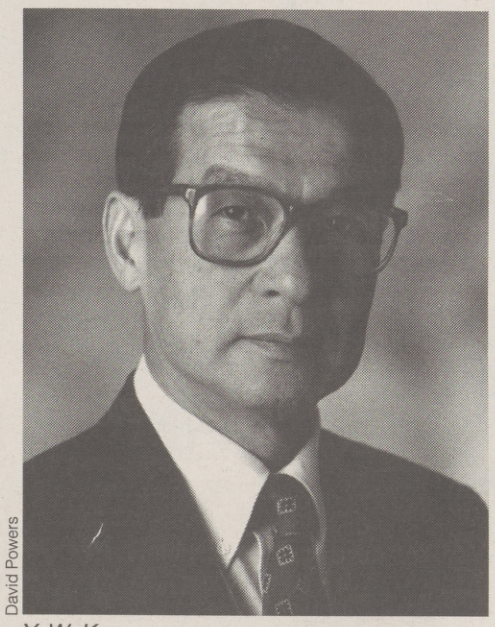
Gene therapy is a new and highly experimental technique that involves manipulating genes — the biological units of heredity — to fight or prevent disease. One major goal of gene therapy is to supply cells with healthy copies of missing or flawed genes. For example, instead of giving a patient a drug to treat or control the symptoms of a genetic disorder, physicians attempt to correct the basic problem by altering the genetic makeup of some of the patient's cells.

Sickle cell anemia is one of the most common genetic diseases in the world, estimated to affect one in 600 African Americans. Progress in the management of the disease has improved the quality of life in some patients, according to Kan, however a cure is not yet available.

Diagnosis for sickle cell anemia previously relied on blood testing. Kan's earlier research on the diagnosis of human disease eventually led him to develop a DNA test for sickle cell anemia and successfully perform a prenatal diagnosis for the disease. As a result of his pioneering work, Kan was awarded the 1991 Lasker Award for clinical medical research.

UCSF has a long tradition in sickle cell patient care and research. Pediatrician William Mentzer directs the Northern California Sickle Cell Center, currently in its 17th year of NIH funding.

The research under the new grant is a collaborative effort involving UCSF, with Karin Gaensler, UCSF professor of medicine, as co-investigator; Maxine Lineal and Mark Groudine from the Fred Hutchinson Cancer Research Center in Seattle; and Ronald Hoffman from Systemix, Inc., a genetic engineering firm in Palo Alto.



David Powers

Y. W. Kan

Historic health reform measure on Nov. 2 ballot

UCSF physicians debate state's single-payer initiative

By LISA CISNEROS

Now that national health care reform is dead this year, the state's single-payer initiative is struggling to survive.

A recent Field poll of California voters shows support of the Canadian-style health care measure is trailing by a substantial margin. With just weeks to go before the November 2 election, backers and opponents are trying to influence those still undecided.

The sweeping measure would replace the private insurance industry with a state-run health insurance system that would cover all California residents, including the homeless. Administered by an elected health commissioner, the bill would require the state to pay all the medical bills, set maximum fees for doctors and hospitals and collect taxes to fund the system. People would be able to choose their doctors and hospitals, which would compete for patients.

Two UCSF physicians presented the pros and the cons of Proposition186, called the California Health Security Act, in a debate last month at Laurel Heights sponsored by the San Francisco Medical Society.

Like many other health care professionals, the debaters, Vishu Lingappa, a physiology professor and primary author of the initiative, and Rolland Lowe, a professor of surgery and chair of the board of the California Medical Association (CMA), agree that the current health care system is not working and needs to be changed. They disagree on how to do it.

"I had this bad feeling that health care would go nowhere in Washington," Lingappa says. "We view single-payer as a very reasonable solution because it abolishes uncompensated care. In contrast, [health maintenance organizations] collect money from you when you're healthy and then deny health care when you are sick."

Lingappa supports the measure because he says it will improve the health care system for everyone by providing full inpatient and outpatient medical care, mental health coverage, long-term care benefits, prescription drug coverage and some dental benefits. He says backers of Prop. 186, including the California League of Women Voters and Consumers Union, the publisher of *Consumer Reports,* are more trustworthy than the insurance companies, which are waging an aggressive advertising campaign to defeat the measure.

Lowe and the CMA, the state's largest organization of doctors, oppose the single-payer initiative because it replaces rather than reforms the system, which they believe can be changed with new laws. Lowe says the initiative is an expensive promise to the public that would create a major tax burden, inevitably leading to the rationing of care. "Do you want more government and more taxes?" he asks rhetorically.

Lingappa argues that taxes raised by the initiative would offset what Californians currently pay in premiums, deductibles, co-payments and out-of-pocket costs. He says the initiative forbids any rationing of care.

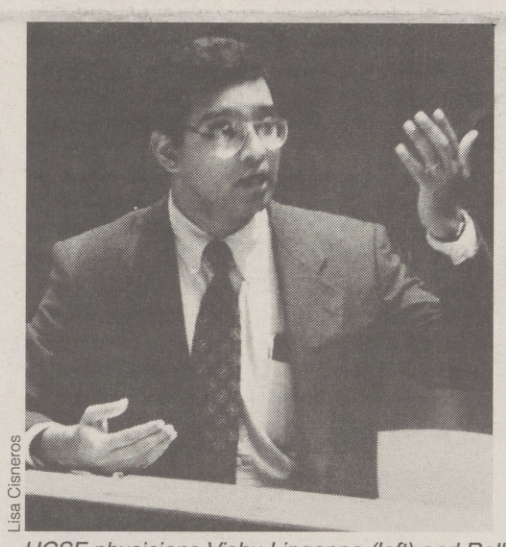
Referring to the proposed health commissioner as a "benevolent dictator," Lowe questions whether the elected politician will make the best health decisions given he would be up for re-election every four years. He wonders how effective a health czar would be overseeing a $100 billion budget, almost twice the size of the state budget.

Lingappa says that unlike the insurance companies' board of directors which have the stock holders' profit-making in mind, the elected commissioner must be responsive to the public's needs. "If this passes, the people of the State of California become the stockholders."

Lowe encourages health professionals, lawmakers and citizens to continue working toward health care reform. "If this proposition goes down in defeat, let's get together and decide what to do."

The CMA has worked on state and national fronts to reform the health care system since the mid-1980s. It sponsored a 1992 ballot initiative, Proposition 166, an employer-mandate reform measure that would have prohibited health insurers from excluding coverage from persons with pre-existing conditions, among other provisions. That measure was defeated.

(See the next issue of Newsbreak *for a story on Prop 187, the "Save Our State" initiative, which would deny illegal immigrants health care and educational services.)*



Lisa Cisneros

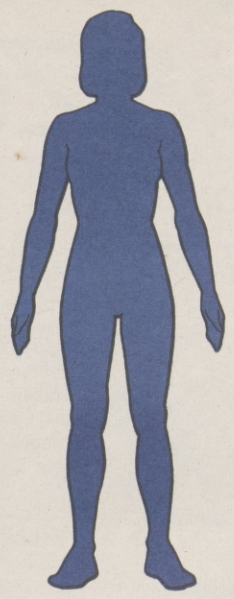
UCSF physicians Vishu Lingappa (left) and Rolland Lowe debate the single-payer initiative.

Prop. 186: Pros & Cons

Proponents' Argument: Savings from reducing administrative bureaucracy and providing cost-containments would be enough to finance coverage for uninsured, legal residents, plus improve the health coverage for all by including mental health benefits and prescription drug coverage. Medical providers would be able to make decisions for care without interference from private insurers.

Opponents' Argument: Considered a bureaucratic nightmare giving the government unprecedented control over health spending, the system would be a financial burden on the cash-strapped state as expenses would greatly exceed revenues. Implementation would cause huge tax hikes and/or rationing of care. An elected politician would make health care decisions based on re-election goals rather than what's best for the public.

Know your risk factors



Page 8 ... What UCSF is doing about breast cancer

80% of HIV patients take off-label drugs

By ALICE TRINKL

Eight out of 10 patients being treated for AIDS-related disorders are taking at least one off-label drug, UCSF researchers report.

Off-label drugs are drugs that have been approved by the FDA for a particular use and are being prescribed by health care providers for other illnesses.

The study was undertaken because many insurance companies and state programs such as Medicaid deny reimbursement to patients who are prescribed off-label drugs although the best medical care for many AIDS-related conditions may call for the use of these medications. The researchers believe the current reimbursement policies may "implicitly ration drug therapy to those who can afford it."

The study also found that 46 percent of the patients surveyed received two or more off-label drugs. Most were for treatment or prevention of opportunistic infections. The most frequently prescribed drug was trimethoprim-sulfamethoxazole (Bactrim or Septra), followed by dapsone, which are given primarily to prevent PCP or pneumocystis carinii pneumonia. (Since the study was completed, the FDA has approved Bactrim and Septra as treatment to prevent PCP.)

Twelve drugs accounted for more than two-thirds of the total number of off-label drugs prescribed. Acyclovir (Zovirax) was the third most commonly prescribed drug — usually for herpes virus infections and most recently for primary HIV infection. In addition to opportunistic infections, other off-label drugs were prescribed for HIV wasting (Megace), HIV infection (Tagamet), and peripheral neuropathy (Elavil).

"In the past, many in health care have thought that off-label drug use was 'fringe' medicine, that these drugs were not the mainstream standard of care," says Carol Brosgart, clinical instructor in Family & Community

(See **OFF-LABEL DRUGS** *on page 2)*

Erosion of health care harms youth

As a group, American children have suffered a devastating and disproportionate impact from the erosion of private, employer-based health insurance coverage, according to a new report by a national team of health and policy experts, including two researchers from UCSF's Institute for Health Policy Studies.

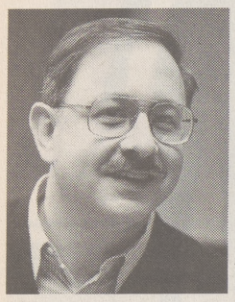
The report, "What America's Children Need," is the result of an effort by 16 leading pediatricians and public policy analysts who joined forces to compile and disseminate information in the face of growing evidence that millions of American children receive inadequate health care because they lack insurance coverage.

"We set out to examine why so many children are without medical insurance, in spite of Medicaid expansions, and what lack of insurance means to them and their families," says senior analyst Dana Hughes, co-author of the study. "The conclusion is that they're faring badly, and the nation will be selling itself short if health reform does not extend universal coverage to children and does not recognize their special and unique health needs," she says.

"Providing all children with health insurance would only amount to a small additional outlay [of money] compared to what is already spent each year," says co-author Paul Newacheck, professor of health policy and pediatrics.

Gazette

Appointments



Stryker

Michael P. Stryker: Appointed chair, physiology. He replaces Zach Hall, who has been named director of the National Institute of Neurological Disorders and Stroke. Stryker, who came to UCSF in 1979 as an assistant professor, has served as vice chair of the department since 1987. Although Stryker will no longer serve as co-director of the Neuroscience Graduate Program — a post he's held since 1987 — the physiology department will continue to provide administrative support to that program and the Biomedical Science Program. He plans to continue to foster the innovative teaching methods being used in the department's professional courses. Stryker's research focuses on how neural activity guides the development of the visual cortex.

In Memoriam

Virginia S. Cleland, 69, professor emeritus, mental health, community and administrative nursing, died on September 8 from complications of metastatic breast cancer. She directed master's and doctoral programs in adminstrative nursing from 1985 to 1992. The primary focus of Cleland's career was the effect of social and psychological influences on nurses, including preparation, motivation, staffing variables and compensation, but she also pursued her interests in unionizing, labor policies and management within health care organizations. Memorial donations may be made to Cancer Support Community, 185 Lundys Lane, San Francisco, CA 94110 or to any nursing care group of choice.

Honors & Awards

Ripple

Helen Ripple, associate director, Medical Center; director, Nursing: Named to the SF Health Commission.

Newton C. Gordon, oral & maxillofacial surgery: President, National Association of Oral & Maxillofacial Surgeons.

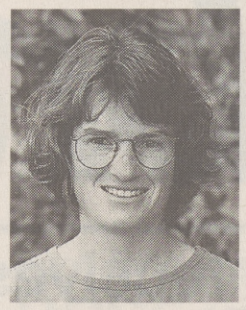
William L. Holzemer, School of Nursing Office of Research; mental health, community & administrative nursing: Chair, AIDS & Related Research Study Section 6, Division of Research Grants, NIH.

Caroll Estes, social and behavioral sciences and Institute of Health & Aging: President-elect, Gerontological Association of America.

Estes

Susan Mahler, Neva Phair and **Carrie Sims,** all students, School of Medicine: Named officers of the American Medical Student Association. Mahler is coordinator, Bioethics Task Force; Phair is coordinator, International Health Task Force; and Sims is associate trustee, Region X.

Guenter B. Risse, History of Health Sciences: Sir John Logan Campbell Distinguished Medical Lecturer, University of Auckland School of Medicine, New Zealand.



O'Shea

Erin K. O'Shea, biochemistry and biophysics: Fellow, David and Lucille Packard Foundation.

Richard Cordova, administration, SFGH: Treasurer, National Association of Public Hospitals.

Gene O'Connell, clinical operations, SFGH: Fellow, National Association of Public Hospitals.

Contracts & Grants

Information on contracts and grants is made available to this paper through individual departments, researchers or the funding agency.

Qian Li, pharmacy & **Janice B. Schwartz,** medicine, pharmacy & CVRI: Received $25,000 from American Federation for Aging for "Aging Effects on Voltage-Gated Ion Channels in Cardiac Cells."

Steven L. Batki, psychiatry & SFGH Substance Abuse Services: Received $799,000 over three years from NIH/National Institute on Drug Abuse for "Tuberculosis Chemoprophylaxis in Injection Drug Users."

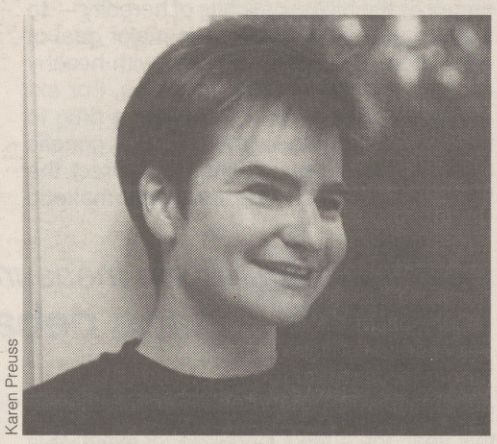
Arlene Doyle wins Resnik Award

Arlene Doyle (right), a second-year graduate student in the Department of Occupational Health Nursing, is presented with the Barbara A. Resnik Writing Award by Resnik herself. Doyle received the award for her paper entitled "Prevention of Occupational Tuberculosis Transmission to Health Care Workers." A staff nurse at Kaiser Permanente, upon graduation Doyle plans to work as a nurse practitioner in an occupational health setting.

Chatman is new SEP executive director

Liesl Chatman, formerly the academic coordinator of the Science & Education Partnership (SEP) program, has been promoted to executive director. She replaces Margaret Clark, who now coordinates the high school activities and serves as director of academic programs. (Clark also is in semi-retirement.)

Meanwhile, SEP had its eight annual "Kick-Off" on October 6, which brought together SF Unified School District science teachers and UCSF faculty, students and postdocs to talk about upcoming science projects in the schools. It also gave the UCSF community an opportunity to learn more about SEP and get interested in volunteering in a number of its projects. For further information on SEP, call 476-0300.



Karen Preuss

Liesl Chatman

Service Awards

The awards listed were presented within the last 12 months.

Gil Alanzalon, 10 years, facilities management.
Joseph L. Bluford, 15 years, budget & financial analysis.
Daniel P. Burns, 10 years, facilities management.
Gary Carr, 10 years, AIDS programs, SFGH.
Candy Clemens, 15 years, student relations.
James R. Crabtree, 10 years, orthopaedic surgery.
Yvonne G. DeSouza, 10 years, stomatology.
Mary Ann Donohue, 10 years, restorative dentistry.
Manuel G. Ferrer, 10 years, library.
Maricela L. Guzman, 15 years, student relations.
Janet M. Jacobsen, 20 years, orthopaedic surgery.
Kenneth A. Jones, 20 years, facilities management.
Amparo A. Meneses, 10 years, stomatology.
Eileen E. O'Connell, 10 years, budget & financial analysis.
John O'Meara, 20 years, library.
Kathleen S. Pehargou, 15 years, stomatology.
Marie Perry, 15 years, personnel.
Ann L. Peterson, 15 years, budget & financial analysis.
Carlito L. Reola, 10 years, facilities management.
Salvatore A. Russo, 10 years, facilities management.
Maurice Silver, 10 years, facilities management.
Georgetter Skellenger, 20 years, AIDS programs, SFGH.
Harold T. Valentine, 10 years, facilities management.

Remember Department managers! You need to send *Newsbreak/Medsounds* information about your staff when they are eligible for service awards. Personnel no longer notifies our office when a person receives their 10-year, 15-year, 20-year, etc., award. If you want to see your staff recognized in the paper, please send us the information when you contact personnel for your employee's award pin.

Off-label drugs *(from page 1)*

Medicine and principal investigator of the study. "Also, it has been thought that off-label drugs are more expensive." However, Brosgart points out, many of these drugs are not costly.

More than two-thirds (68 percent) of the health care providers reported that they found it difficult to keep up with the reimbursement policies of third-party payers. Fifty percent of the providers had reimbursement problems related to off-label drug use. A third of them reported having hospitalized HIV-infected patients in order to administer off-label drugs because the insurance company would not pay for them on an outpatient basis.

"It is really a shame given all we know now about how to treat opportunistic infections, that there is so much difficulty in getting reimbursement for the drugs that work the best," Brosgart says.

The study was conducted by the Community Consortium, which is affiliated with the UCSF AIDS Program at SFGH.

Faculty Wives & Associates celebrate diamond anniversary

Allen J. Balderson

At the diamond celebration: (Top row) past presidents Betty Wallerstein ('62-63), Jean Poupard ('91-92), Josephine Bovill ('68-69), Donna Brandborg ('82-83), Joyce Featherstone ('71-72), Betty Reinhardt ('75-76), Patricia Langdell ('69-70), Betty Way ('86-87); (middle row) Marilyn Carman ('73-74), Sallie Allen ('87-88), Leona Hansen Biddle ('93-94), Marge Crede ('76-77), Anne Hickey ('77-78), Beth Martinez ('74-75); (bottom row) Elizabeth Murphey ('80-81), Jean Carbone ('78-79), Judy Rosenau ("92-93), current president Marilyn Reed Lucia, and Ilse Steinbach ('81-82).

It was in 1919 that a Mrs. Wallace Terry and 58 wives of campus physicians first met as an organization under the quaint name of "The Ladies of the Medical Faculty of UCSF." That was the beginning of today's UCSF Faculty Wives and Associates, which has just celebrated 75 years of service to the campus. This makes the group the oldest existing UCSF organization.

"In 1919, women couldn't vote, and there were only a handful of women students on campus," said Marilyn Reed Lucia, this year's president of the organization. "Women have been able to vote for decades and more than 50 percent of students on campus are women."

Lucia said that women have made great progress and attributes it to them being able to take control of their lives. "Birth control has helped a great deal."

The organization held a tea on October 6 to celebrate their diamond jubilee. At the celebration one president, Mrs. Betty Wallerstein ('62-63), said that things certainly have changed over the years, but the group still serves an important purpose — besides its fund raising activities, including the Phantom Ball, which benefits the Student Loan Fund, it is "a good place to share common problems. There are difficulties that go along with this territory."

Lucia, who started out as a Faculty Wife many years ago, is the second faculty member to be president (the first was the School of Dentistry's Jean Poupard, '91-92) and is the first with an MD.

Both Wallerstein and Lucia agree that the group needs to continue to change with the times. "I wish we could get more young women involved in the group. But, I know it's difficult, because they're so busy," said Wallerstein. "I think the group needs to include more men," said Lucia. "Eventually, maybe we can call it just The Faculty Associates.

UCSF *Newsbreak*

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Deadline for the next issue, which will cover October 29-Nov. 11, will be on **Tuesday, October 18, at 11 a.m.** Please send campus news copy to Allen Balderson (476-3163), Medical Center news to Lisa Cisneros (476-3256), and calendar and gazette items to Michele Firpo (476-3257), all at Box 0462; fax 476-3541. Last-minute copy may be taken over the telephone by calling the above telephone numbers. The University of California is an affirmative action/equal opportunity employer.

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Carol Fox, Jeff Miller, assistant directors, Public Affairs

Sold-out house for AHP event

It was standing room only at the Castro Theater on the evening of September 26 for the 10th anniversary of the AIDS Health Project. The event, called "Ten Years of Facing the Future Together," was co-hosted by Brian Boitano and was complete with appearances by Robin Williams, actor Peter Coyote, members of the cast of *The Phantom of the Opera* and *Angels in America,* to name just a few.

At the pre-show reception, Robin Williams told *Newsbreak* that he was there to "just help AHP keep up the good work. It's important to take up the slack when there aren't enough funds around." Coyote said, "This is the real muscle of San Francisco. People coming together, helping each other out. This is, and always will be, a vibrant place. I'm more than happy to be very supportive of this."

AHP executive director James Dilley, as he introduced the show said, "If you told me 10 years ago that I would be here tonight celebrating the AIDS Health Project's 10th anniversary, I wouldn't have believed it. I'm sorry and glad. Sorry that we still have to be here, and are more needed now than ever. But I'm glad that we are helping thousands of people in this terrible crisis."

The event netted AHP nearly $45,000, which will help fund the new HIV center at 400 Castro Street. AHP services at that location will include psychotherapy for people with HIV, confidential HIV testing, and support groups for people with HIV, AIDS and their families, and loved ones. The center will be open six days a week, 12 hours a day, and will be directed by Carl Yoshimoto.

Ray Scotty Morris

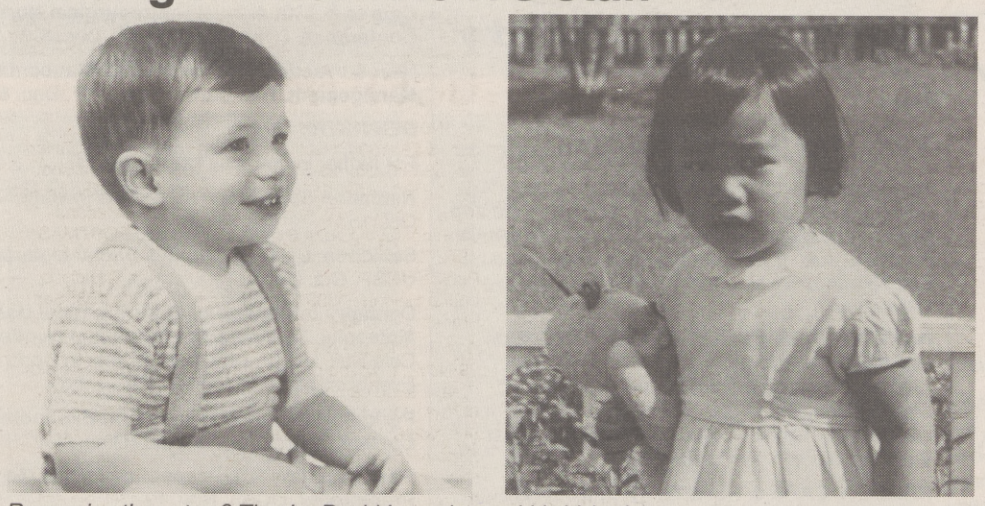
(Left to right) at the pre-show reception, James Dilley, Robin Williams and Joanna Rinaldi, deputy director of the AHP

Allen J. Balderson

A decade for Women's Resource Center

Mrs. Milton Marks (far right) reads a proclamation in honor of the Women's Resource Center at a September 29 silent auction/celebration marking the Center's 10th anniversary. Accepting the proclamation are WRC staff (left to right) program assistant Sylviaette Gamble; Lucinda Ramberg, coordinator, Rape Prevention Education Program; Amy Levine, director; and Denise Harvey, assistant director. The WRC now is planning the 1995 Women's History Month Celebration. The first committee meeting will be on Tues., Nov. 1, from 3-4:30 p.m. at the WRC, 100 Medical Center Way. If you're interested in participating, call Denise Harvey at 476-5836.

Getting to know the ITS staff



Recognize these two? They're David Lawndes and Liz Velarde.

Meet the latest employees at Information Technology Services (ITS) at Executive Park. Well, with early retirement and all, someone has to do the job.

Actually, this was part of a baby picture contest devised by AAII Jack Webster. He felt morale was a little low — "maybe too many budget cuts and salary freezes," he says, "so — I wanted to change the focus a little by getting employees talking to one another a little more and developing a lighter, more 'up' department camaraderie."

All members of ITS were asked to bring in their baby pictures for a large display. Then a few weeks later, up-to-date pictures were placed next to the mugs of the little tikes. "Employees from all sections of ITS entered the contest. They'd stop by to view the display, laughing and joking and generally beginning conversations with people with whom they hadn't spoken in months, or didn't even know worked there."

"If a picture is worth 1,000 words, then ITS is 1,000 times better for its employee baby picture contest," says Jack. If your department needs a boost, why not try Jack's idea?

UCSF lead-testing van now on the road

By RUTHANN RICHTER

Craig Mole

Michael Kosnett uses a K X-ray fluorescence machine to test for bone lead in eight-year-old Ricardo Rodriguez (left) while his brother, four-year-old Manuel, awaits his turn.

UCSF researchers now are on the road with a new, specially designed van equipped with an X-ray flourescence machine that can measure the amount of lead that has accumulated in a person's bones. The van, the only one of its kind on the West Coast, can determine a person's long-term exposure to lead and will be a valuable tool in helping to diagnose and manage lead-related ailments, says Michael Kosnett, assistant professor of medicine at SFGH.

The van, based at UC's Richmond Field Station in Richmond, CA, can be used for testing children who show signs of lead intoxication as well as construction workers, such as plumbers, painters and iron workers.

The test for bone lead is simple, painless and noninvasive and takes about half an hour, he says. The patient sits in front of the machine, consisting of a cylindrical detector that resembles a tennis ball can. The machine emits a low-energy, pencil-thin X-ray beam that is aimed at the person's knee or shin. The energy from the machine elicits fluorescent emissions from the bone that are characteristic of lead. The machine detects these X-ray emissions and displays them on a computer screen. The results are expressed as bone lead concentration in units of parts per million. The test is considered safe, with the patient's radiation exposure amounting to about 1/10 to 1/100 that of a single dental X-ray, Kosnett says.

Kosnett will test individuals for long-term exposure, but only after they have had blood tests which document a history of lead exposure. "It's important that people have had a continuing problem with high blood levels of lead before I teast them for bone lead," says Kosnett. For further information, call Kosnett at 206-8056.

Kosnett now is working with Gail Herick, a public health nurse with the Childhood Lead Prevention Program of the SF Department of Public Health, on a project to help understand why some children in the city have persistently high blood levels. A 1991 study by the department found that one in 12 of the city's children tested in clinics and doctors' offices had elevated levels of lead in their blood.

Basic facts about lead exposure

Sources: Air, water, soil and food. The most common sources are lead in plumbing, lead-soldered cans, ceramics used in food preparation and lead-based paints, both in chips and house dust. Deterioration of lead paints also adds to the lead in dust and soil, and these paints, most often found in homes built before 1959, are the largest source of high-dose lead exposure in children.

Extent: About 1.7 million children between the ages of 1 and 5 continue to have blood lead levels that put them at risk for health problems. Many children continue to be exposed to lead through deteriorating house paint or lead-soldered plumbing. Of the 77 million private homes in this country built before 1980, 57 million contain lead-based paint.

Toxic effects: Range from severe lead poisoning, which may be fatal, to the more common, chronic effects related to low-dose exposure. Children exposed to relatively low levels tend to score lower on IQ tests and are more likely to be classified as learning disabled or to make slow progress in school. Children also may experience behavior problems, such as hyperactivity. Low-level lead exposure may reduce the size of a developing fetus. At high levels of exposure, children may suffer brain damage, anemia, colic and kidney problems. Low-dose exposure in adults can lead to increased blood pressure, with high doses leading to brain damage, reproductive problems, anemia and kidney problems.

Measuring: Both the federal Centers for Disease Control and Prevention and the American Academy of Pediatrics recommend routine blood lead testing in children. The blood test is limited because it only reflects the lead that is currently circulating in the body and provides no clues as to how long lead has been in the system. Because most lead is stored in the skeleton, the best method for determining long-term exposure is to measure lead in bone.

Treatment: Remove the person from the source of exposure. Doctors also may prescribe chelation therapy, a drug treatment that helps eliminate lead from the body. Because diets low in calcium and iron may increase the body's absorption of lead, providing adequate nutrition is important to avoid lead-related health problems.

For more information: Call the SF Department of Public Health at 255-3748.

Inside UCSF

Surgeries at UCSF

Total for fiscal year 1993-94:

13,131

Average length of inpatient surgery in Moffitt/Long operating room:

3.62 hours

Average length of outpatient surgery in Ambulatory Care Center Surgery Center:

1.24 hours

Source: Jane Hirsch, Inpatient Nursing Administration & MHCAN

Today/Tomorrow

15 Saturday

WOMEN'S RESOURCE CENTER WORKSHOP: *Women's Effectiveness in the Workforce.* Anelika Kasten, SF State, and Kelly Greer, STRATEGY, explain how to overcome self-esteem issues, how to write professionally and persuasively and how to master the communications skills needed to resolve conflict and negotiate successfully. $45-$60. N 517. 9 a.m.-4 p.m. Call 476-5222 to pre-register.*

FAMILY HEALTH & SAFETY FAIR

Features anonymous HIV testing, dental and vision testing, and information on breast self-examination, smoking cessation and more. Most services bilingual. Co-sponsored by UCSF Public Service Programs. Columbia Park Boys & Girls Club, 450 Guerrero St. 10 a.m.-3 p.m. Call 476-4394.*

SELF-DEFENSE FOR CHILDREN OCT. 15 & 22

Seventh-degree black belt Bill Dewart educates families and empowers children so they will not be victimized. Children ages 5 to 11 learn basic self-defense skills, including how to fall safely and how to escape grabs or holds. Parents must attend with children. Co-sponsored by Rape Prev. Educ. Prog. & Millberry Fitness Cntr. $58. 1-3 p.m. Call 476-1115 for registration.*

17 Monday

GAY & LESBIAN HISTORY MONTH EVENTS

UCSF's celebration continues with the following events, both in Toland Hall with two showings each day. Sponsored by Chancellor's Committee on Gay, Lesbian & Bisexual Issues, the Gay, Lesbian & Bisexual Assn. at UCSF. and the Lesbian, Gay, Bisexual Student Assn. Call 282-9650.*

- Mon., Oct. 17: Film: *The Times of Harvey Milk.* Oscar-winning documentary looks at the life and death of the first openly gay elected offical in the US. Noon-1:30 p.m. & 6-7:30 p.m.
- Fri., Oct. 28: *A Look at Dance: Breaking Down Gender Walls.* Karen Attix, Millberry Arts & Performances. Plus BBC broadcast of "Concerto Six Twenty-Two." Noon-1:30 p.m. & 6-7:30 p.m.

18 Tuesday

OU CROSS-COUNTRY EQUIPMENT SALE

Outdoors Unlimited's cross-country ski equipment from their 1993-94 inventory is on sale for about 50% off local retail. OU Center, Library basement. Call 476-2078 for details.*

GIVE A PINT, GET A PINT

Come donate blood and you'll get a certificate for a pint of Ben & Jerry's ice cream or frozen yogurt. Remember to bring personal ID. Sponsored by Irwin Mem. Blood Cntrs. & coordinated by Campus Tours/Speakers Bureau. Call 476-4394.

• MU Conf. Cntr. 8 a.m.-7 p.m.

You don't have to wait for a blood drive to give blood. You may donate any weekday, 10 a.m.-8 p.m., or Saturday, 10 a.m.-3 p.m., at UCSF's Blood Donor Center, L 131. For information & appointments call 476-6989.*

MEDICAL CENTER VOLUNTEER ORIENTATION: To acquaint new & potential volunteers with opportunities available at the Medical Center at UCSF. LPPI Aud. 9 a.m.-noon. Call 476-1196.*

MOUNT ZION BROWN BAG LECTURE SERIES: *Oh, My Aching Back!* H. Ulrich Beuff, Orthopaed. Surg., UCSF/MZ, discusses new treatments for cervical spine disorders. Sponsored by Campus Tours/Speakers Bureau. Herbst Hall, UCSF/MZ. Noon. Call 476-4394 for information.*

19 Wednesday

BROWN BAG LECTURE SERIES: *The Truth About Dental Implants.* Frederick C. Finzen, Rest. Dent.; Richard A. Smith, Oral & Max. Surg. Sponsored by Campus Tours/Speakers Bureau. HSW 300. Noon. Call 476-4394.*

BREAST CANCER AWARENESS MONTH

Wed., Oct. 19: *Controversies in Mammography and New Treatments in Breast Cancer.* Laura Esserman, Surg. & UCSF/Mount Zion Breast Care Center. Herbst Hall, UCSF/MZ. 1-2 p.m. Call 476-4394 for more information.*

Sun., Oct. 23: Race for the Cure.® Help raise money for breast cancer research and education at this 5K and one-mile fitness walk/run. Sponsored by Komen Foundation. Registration begins at 7 a.m. with the race beginning at 8:30 a.m. Sharon Meadow, Golden Gate Park. Call 1-800/698-8699 to register.*

(See story on page 8 about UCSF's fight against breast cancer.)

GRAND CELEBRATION

A celebration featuring campus pianists with proceeds going towards upkeep of campus pianos. Part of the Music in the Library series sponsored by Millberry Arts & Performances. Suggested donation: $3 students, $5 general. Sponsored by Sarah B. Childs Music Fund. Lange Reading Rm., Library. 5:30 p.m. Preceded by wine & cheese reception. Call 476-2542.*

GREAT EXPECTATIONS PROGRAMS FOR PARENTS FILM SERIES: *Understanding the Dimensions of Childbirth.* Video presentation of *Magical Moments of Birth* and discussion about the uniqueness of each birth experience. A 326. 7-8:30 p.m. Call 476-6667.*

20 Thursday

DOMESTIC VIOLENCE IN JEWISH FAMILIES

Shalom Bayit: Domestic Violence in the Jewish Community. Panel discusses how shalom bayit — Hebrew for "peace at home" — has forced women in the Jewish community to sacrifice emotional and physical safety to maintain an external image of the perfect Jewish family. Panel also looks at resources to deal with Jewish familial abuse. Sponsored by Rape Prev. Educ. Prog. Toland Hall. Noon-1 p.m. Call 476-5222.*

MISSION CENTER BROWN BAG SERIES: *You Can Live 10 Years Longer with Better Health.* Ernest H. Rosenbaum, Med., UCSF/MZ, offers a practical guide to reduce your risk of dying early from heart disease, cancer, stroke, osteoporosis or accidents. Sponsored by Campus Tours/Speakers Bureau. Rm. 125, MCB. Noon-1 p.m. Call 476-4394.*

ARTS & PERFORMANCES COLE HALL CINEMA: *Speed.* Children 14 & under $2; UCSF students & Millberry members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 5:45 & 8:15 p.m. (Movies subject to change.) Call 476-2542.*

21 Friday

INSTITUTE OF HEALING ARTS & SCIENCES SEMINAR: *Natural Eyesight Improvement.* Tom Quackenbush demonstrates how to improve eyesight naturally. N 721. Noon-1 p.m.*

SYMPOSIUM TO HONOR CHARLES WILSON

Health System Reform: The Challenge of Academic Medicine. Victor Fuchs, Stanford. *The Academic Health Center in the Clutches of Managed Care.* Thomas Langfitt, Glenmede Corp. *Healthy People, Healthy Communities.* Philip Lee, Asst. Secretary, US Dept. Health & Human Services. Symposium honors Charles Wilson, director, Tertiary Care Services, for his 26 years as chair, Neurological Surgery. Cole Hall. 1:30-4:30 p.m.

POETS ON PARNASSUS

Fall poetry reading features poets August Kleinzahler and Jack Marshall. Sponsored by Millberry Arts & Performances. Toland Hall. 4 p.m. Call 476-2542.*

ARTS & PERFORMANCES COLE HALL CINEMA: *Speed.* Children 14 & under $2; UCSF students & Millberry members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 6:30 & 9 p.m. (Movies subject to change.) Call 476-2542.*

22 Saturday

WOMEN'S RESOURCE CENTER WORKSHOP: *Basic Carpentry.* Hands-on workshop run by Women Empowering Women tradespeople teaches names and uses of hand and power tools, basic skills and safety. $45-$60. N 517. 9 a.m.-4 p.m. Call 476-5222 to pre-register.*

24 Monday

UNITED WAY CAMPAIGN BEGINS

(See item in Upcoming Events on page 5.)

MEDICINE & FAITH

Medicine & Faith in a Multicultural Society. Two-day conference encouraging a dialogue between religious and health care leaders to enhance both clinical care and counseling skills. Sponsored by Mount Zion Health Systems Inc. Fort Mason Conf. Cntr. Call 750-4105 for more information.*

UC HEALTH NET WELLNESS LECTURER

Race & the Cancer Research Literature: The Impact on Health Care Delivery & Policies. Mack Roach, Rad. Onc., is the UC Health Net Wellness Lecture Award winner. S 214. 3-5 p.m. Call 476-2342 for more information.*

STRESS MANAGEMENT FOR BUSY PEOPLE

Discover signs and sources of stress as well as coping techniques. Free to UCSF & SFMG Health Net members. Millberry Fitness Cntr. 6-9 p.m. Call 476-0373 or 476-1115.*

25 Tuesday

NEW EMPLOYEE ORIENTATION: S 214. 8:30-10 a.m. Call 476-1073 to schedule.

I AM A SURVIVOR

Survivor: Do You Recognize Her? Janice Mirikitani, poet and activist, blends her experiences as a survivor of sexual abuse with the issues confronting survivors of homelessness, poverty and incest. Sponsored by Women's Resource Center. Toland Hall. Noon-1 p.m. Call 476-5222.*

WELCOME TO OUTDOORS UNLIMITED: Get involved in learning new skills, meeting new people and cooperative outdoor adventuring. OU Center, Library basement. 7:30 p.m. Call 476-2078.*

26 Wednesday

BROWN BAG LECTURE SERIES: *Migration of Hazardous Industries to Developing Countries.* Joseph Ladou, Intl. Cntr. Occ. Med., discusses the migration to the Third World of manufacturers that use environmentally out-moded processes to make hazardous products. Sponsored by Campus Tours/Speakers Bureau. HSW 300. Noon. Call 476-4394.*

27 Thursday

TAY-SACHS SCREENING

Tay-Sachs screening for pregnant couples. Sponsored by the Reproductive Genetics Clinic and part of the California Tay-Sachs Disease Prevention Program. Suite 810, 350 Parnassus. Opens 9 a.m. Call 731-3437 for an appointment and more information.*

RAPE PREVENTION EDUCATION PROGRAM PRESENTATION: *Domestic Violence in the Lesbian & Gay Communities.* Jeannie Morrow, Lesbian Domestic Violence Program, Women, Inc., and Jelousy Jiggets, Community United Against Violence. Noon-1 p.m. Call 476-5222.*

PRIMARY CARE & HEALTH PROFESSIONS SEMINAR SERIES: *Public Opinion of the Role of Physicians & Dentists: Results of a Nationwide Survey.* Robin DiMatteo, Psych., UC Riverside. C 130. 3-5 p.m. Call Serena Seifer at 476-4465 for details.

ARTS & PERFORMANCES COLE HALL CINEMA: *The Shadow.* Children 14 & under $2; UCSF students & Millberry members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 5:45 & 8 p.m. (Movies subject to change.) Call 476-2542.*

*Open to the public.

28 Friday

INSTITUTE OF HEALING ARTS & SCIENCES SEMINAR: *Anodyne Imagery.* Donna Hamilton explains this alternative to drug sedation which uses relaxation to overcome patients' fear, pain and anxiety during challenging medical procedrures. N 721. Noon-1 p.m.*

ARTS & PERFORMANCES COLE HALL CINEMA: *The Shadow.* Children 14 & under $2; UCSF students & Millberry members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 6:30 & 8:45 p.m. (Movies subject to change.) Call 476-2542.*

DEVELOPMENT & TRAINING

For further information call 476-4032.

Materiel Management Workshop — Module II. Fri., Oct. 28. 8:30 a.m.-12:30 p.m. $50.

Coping with Difficult People. Fri., Nov. 4. 8:30 a.m.-4:30 p.m. $80.

Resolving Employee Conflicts Before They Happen. Tues., Nov. 8. 9 a.m.-4:30 p.m. $80.

Payroll Workshop. Wed., Nov. 9. 8:30 a.m.-12:30 p.m. $40.

Supervising in the Workplace: Administering Consistent & Appropriate Discipline. Wed., Nov. 9. 1-4 p.m. $40.

Contracts & Grants Workshop. Fri., Nov. 11. 9 a.m.-noon. $40.

Productive Communication for Managers & Supervisors. Wed., Nov. 16. 9 a.m.-3 p.m. $70.

Medical Terminology: An Introduction. Tues., Nov. 22, 29, Dec. 6, 13. 2-4:30 p.m. $90.

Writing Job Descriptions & Understanding Classification Concepts. Wed., Nov. 30. 8:30 a.m.-12:30 p.m. $40.

Business Writing Basics. Tues. & Fri., Dec. 6, 9, 13, 16. 9 a.m.-noon. $90.

Supervisor's Guide to Performance Evaluation. Thurs., Dec. 8. 8:30 a.m.-4:30 p.m. $40.

CONTINUING EDUCATION

MEDICINE

For program information call 476-4251. To register call 476-5808 unless otherwise noted.

Gastroenterology: Advances in Diagnosis & Management. ANA Hotel, SF. Oct. 28-29.

Twenty-Third Annual Topics in Emergency Medicine. Miyako Hotel, SF. Oct. 31-Nov. 4.

UC Otolaryngology Update: 1994. Ritz-Carlton, SF. Nov. 3.

Update in Electrocardiography & Arrhythmias. Ritz-Carlton, SF. Nov. 4 & 5.

Fourth Triennial Symposium on New Directions in Antiviral Chemotherapy. Ritz-Carlton, SF. Nov. 10-12.

The 40th Annual Group Therapy Symposium. Union Square Holiday Inn, SF. Nov. 11-13.

Stabilization & Management of the Critically Ill Child. Mark Hopkins Hotel, SF. Dec. 3-4.

Clinical Care of the AIDS Patient. Sheraton Palace Hotel, SF. Dec. 8-10.

Controversies in Women's Health. ANA Hotel, SF. Dec. 8-9.

The 19th Annual Neurosurgery Postgraduate Course & 13th Annual Neurosurgical Nurses' Conference. Hyatt Regency, SF. Dec. 8-9.

New & Practical Approaches to Glaucoma Management. Ritz-Carlton Hotel, SF. Dec. 8-10.

DENTISTRY

For further information call 476-1101.

Radiation Safety for You & Your Patient. UCSF. Oct. 15.

Selection & Use of Today's Dental Materials. UCSF. Oct. 22.

Dentistry in the Age of DNA: Practical Use of Molecular Technologies in Clinical Dentistry. Cole Hall, UCSF. Nov. 5. (See item in Upcoming Events on page 5.)

Periodontal Case Management: Expanding Current Concepts. Stockton Hilton. Nov. 18.

Pharmacology & Therapeutics for the General Practitioner. UCSF. Nov. 19.

THE NEXT DEADLINE

Tues., Oct. 18, 1994 is the deadline for items to be listed in the next calendar, which covers **Oct. 29-Nov. 11, 1994** (two weeks). Complete information must be received in our office in writing by 11 a.m. on that Tuesday. Mail your copy to Michele Firpo at Box 0462, send a fax to 476-3541, bring it to UCSF/Laurel Heights, 3333 California St., Suite 103 or call 476-3257.

October 15-28, 1994

REGULAR MEETINGS & ONGOING SUPPORT GROUPS

MONDAY

JEWISH WOMEN'S DIALOGUE GROUP: Meets every other Monday. Call 476-6423 for dates & locations.*

UCSF STAFF COUNCIL MEETING: Meets second Monday of each month. Noon-2 p.m. Call 476-5756 for more information.

FRIENDS OF LOIS AL-ANON MEETING: Closed meeting: for friends & families of alcoholics only. Conf. Rm. A, 3rd fl., MCB. Noon. Call 626-5633.*

COLO-RECTAL CANCER SUPPORT GROUP: Meets on the second and fourth Mondays of each month. Reservations must be made at 929-7114. No drop-ins will be allowed. UCSF/Mount Zion Cancer Center, 2356 Sutter. 6:30 p.m.*

UCSF AIDS HEALTH PROJECT MEDITATION & SELF-HYPNOSIS WORKSHOP: Weekly discussion group for anyone dealing with HIV or AIDS in themselves or others. Gazebo Rm., Davies Med. Cntr. 7-9 p.m. Call 476-3902.*

TUESDAY

SFGH CIRCLE OF SISTERS: Networking forum for black women working & studying at UCSF/SFGH. Meets monthly at noon. Call 476-5222 for dates & location.

MULTIPLE HELPERS OUTREACH NETWORK SUPPORT GROUP: For victims & survivors of violent trauma. Ages 15 & over. A 222, LPPI. 10 a.m.-noon. Help-line at 759-7923 provided daily, 7 a.m.-10 p.m.*

CAMPUS AMNESTY INTERNATIONAL MEETING: Meets first Tues. of each month. MU 111W. Noon-1 p.m. Call 566-8406.*

OVEREATERS ANONYMOUS MEETING: OA literature & discussion meeting. N 617. Noon.*

PARKINSON'S DISEASE EDUCATION & SUPPORT GROUP: For people with Parkinson's & their caregivers. Third Tues. of the month. Christ Church, Lutheran, 1090 Quintara (at 20th Ave.). 2-4 p.m. Call 476-9276.*

BREAST CANCER SUPPORT GROUP: For women diagnosed or being treated at UCSF/Mount Zion or UCSF/Parnassus. Meets every Tues. UCSF/Mount Zion Cancer Cntr., 2nd. fl., 2356 Sutter (near Divisadero). 5:30-7 p.m. Pre-registration necessary. Call 885-3693 or 388-3742.*

NURSES' PAIN ASSOCIATION MEETING. Meets the second Tuesday of the month. S 22. 5:30-7:30 p.m.*

BRAIN TUMOR SUPPORT GROUP: First Tues. of the month. S 758. 7:30-9 p.m. Call 284-0208.*

WEDNESDAY

GAY, LESBIAN, BISEXUAL ASSOCIATION AT UCSF MEETING: Meets second Wednesday of each month. Members of the Chancellor's Committee on Gay, Lesbian & Bisexual Issues will be present. Call 282-9650 for more information.

"AT THE HEART OF IT" CARDIAC SUPPORT GROUP: For heart patients to share experiences, successes, concerns & anxieties. An ongoing six-week series. Call Kathleen Congdon at 885-7227.*

SUPPORT GROUP FOR FAMILY/FRIENDS OF THOSE WITH MENTAL ILLNESS: Open to anyone interested in learning more about psychiatric disorders & their treatments. Call Laura Deering-Mayclin at 476-7394 for more information.*

LATIN AMERICAN CAMPUS ASSOCIATION MEETING: Meets second Wednesday of each month. HSW 508. Noon. Call Al Lopez at 476-1334.

LATIN WOMEN COALITION: For Latina faculty, staff & students. Noon-1 p.m. Call Betty Jerez at 476-7117 for meeting places & dates.*

PARNASSUS AL-ANON MEETING: For friends & families of alcoholics. Observers welcome. C 417. Noon-1 p.m. Call 626-5633.*

STEP-FAMILY SUPPORT GROUP: For parents & step-parents. Call Sandra Norberg at 476-6389 for dates and location.*

ALCOHOLICS ANONYMOUS MEETING: Closed meeting: alcoholics only. Conf. Rm. A, 3rd fl., MCB. 12:05 p.m. Call 621-1326 for more information.*

MULTIPLE HELPERS OUTREACH NETWORK SUPPORT GROUP: For victims & survivors of violent trauma. Ages 15 & over. Two locations & times: A 222, LPPI, 1-3 p.m., and N 517, 7-10 p.m. Help-line also provided daily, 7 a.m.-10 p.m. at 759-7923.*

DIRECTIONS: For women newly diagnosed with breast cancer. Meets every Wed. beginning Oct. 26. UCSF/Mount Zion Cancer Cntr., 2nd. fl., 2356 Sutter (near Divisadero). 5-6:30 p.m. Pre-registration necessary. Call 885-3693 or 885-7498.*

SUPPORT GROUP FOR RAPE SURVIVORS: Sponsored by Women's Resource Cntr. Meets every Wednesday. $180 for ten sessions. Intake interview required. 6-8 p.m. Call 476-5222 for location & to pre-register.*

EATING DISORDERS SUPPORT GROUP: Open to anyone dealing with an eating disorder in themselves or others. Meets every Wednesday. M 688. 7-8:30 p.m. Call 332-3425.*

CO-DEPENDENTS ANONYMOUS MEETING: A twelve-step program for people who have dysfunctional long-term relationships. Meets every Wednesday. LP 01 (LPPI basement). 8-9:30 p.m. Call 432-3529.*

THURSDAY

LESBIAN LUNCH GROUP: Monthly on Thursdays. Call 476-5222 for meeting dates & locations.*

HEAD & NECK CANCER SURGERY SUPPORT GROUPS: Separate groups for patients and patients' families meet simultaneously and weekly on Thursdays. UCSF/Mount Zion Cancer Cntr., 2356 Sutter, 2nd fl. 1-2 p.m. Call 885-7623.*

SUPPORT GROUP FOR WOMEN LIVING WITH LIFE-ALTERING ILLNESS: Alternate Thursdays. 6-8 p.m. Call 775-2854 to preregister & for locations.*

FRIDAY

CIRCLE OF SISTERS: Networking forum for black women working & studying at UCSF. Most Fridays. Noon-1 p.m. L 535. Call 476-5836.

ALCOHOLICS ANONYMOUS MEETING: Closed meeting: alcoholics only. C 417. 12:10-1 p.m. Call 621-1326 for more information.*

LAKESIDE SENIOR MEDICAL CENTER CAREGIVER SUPPORT GROUP: Meets on the first Friday of each month. $10 per meeting. 2501 Ocean Ave. at Junipero Serra. 2-4 p.m. Call Edith Kaplan at 986-2305.*

For information on 12-step and support groups (other than AA and Al-Anon), call the Mental Health Association of San Francisco at 921-4044.*

ITS COMPUTER CLASSES

Information Technology Services sponsors the following classes. Call 476-2012 for descriptions and registration forms.

- Wed., Oct. 19: *Intermediate Microsoft Excel 4.0* (Macintosh). $195. 9 a.m.-4 p.m.
- Mon., Oct. 24: *Introduction to WordPerfect for Windows 6.0* (PC). $170. 1-4 p.m.
- Thurs. & Fri., Oct. 27 & 28: *Introduction to Microsoft Word 5.1* (Macintosh). $160. 1-4 p.m.
- Thurs., Nov. 3: UNIX Electronic Mail. $80. 8:30 a.m.-12:30 p.m.
- Mon., Nov. 7: *Introduction to Microsoft Windows* (PC). $110. 8:30 a.m.-12:30 p.m.
- Wed., Nov. 9: *Introduction to Word for Windows 6.0* (PC). $170. 9 a.m.-4 p.m.
- Fri., Nov. 11: *Basic Macintosh Skills*. $110. 8:30 a.m.-12:30 p.m.
- Mon., Nov. 14: *Demystifying Computers*. $80. 9 a.m.-noon.

BREAST CANCER SCREENING SCHEDULE

Women can have low-cost mammograms — X-rays to screen for breast cancer — from a mobile van that travels to convenient locations in the Bay Area.

Women need the approval of their physician to have the mammogram, in addition to their doctor's full name, address (including room number & zip) and phone number to assure that results are mailed promptly. The procedure takes approximately 20 minutes and costs $60. To make an appointment call 476-2193 between 9 a.m. & 3 p.m.*

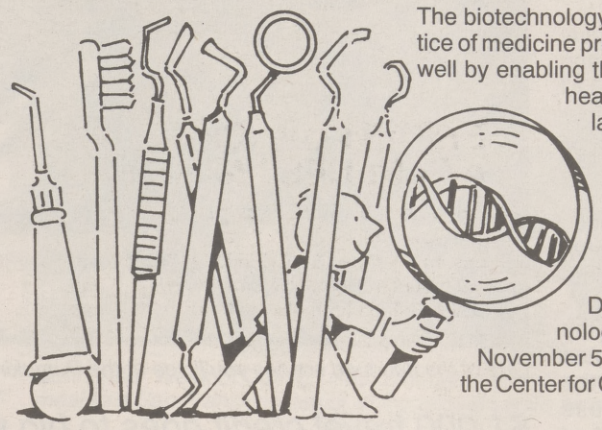
Because the service has become so popular and appointments are filled by the time this calendar is published, we list only dates when the van will be at UCSF locations and when appointments are still available:

- Mon. & Tues., Nov. 7 & 8: UCSF/Laurel Heights, 3333 California St.
- Fri., Nov. 11: UCSF/Parnassus at Medical Center Way.

(See story on page 8 about UCSF's fight against breast cancer.)

Upcoming Events

Dentistry in the Age of DNA



The biotechnology revolution which is changing the practice of medicine promises to redefine the role of dentists as well by enabling them to find the molecular basis for oral health problems and develop new molecular therapies. In the near future, dentists hope to use the insights provided by biotechnology to diagnose, prevent and reverse oral diseases.

Exciting changes are on the horizon, and many of them will be examined at the symposium "Dentistry in the Age of DNA: The Practical Use of Molecular Technologies in Clinical Dentistry" on Saturday, November 5, in Cole Hall. For further information call the Center for Continuing Dental Education at 476-1101.

United Way fundraising campaign begins

On Monday, October 24, UCSF will begin the second part of its United Way Campaign with a campuswide plea for monetary contributions. UCSF employees will receive a form and brochures through campus mail asking for donations. The first part of the campaign was "Week of Caring" (see story on page 7). For further information, call Brenda Patterson at 476-8055.

Center on Aging hosts health care forum

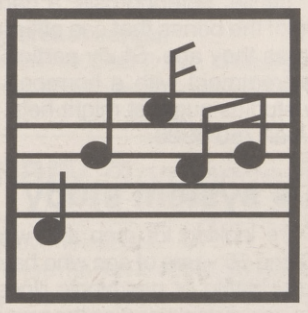
The UCSF/Mount Zion Center on Aging will present a half-day conference on "Chronic Illness, Depression and the Elderly," on Saturday, October 29, at the Laurel Heights Conference Center.

The program is designed to present current research information and treatment strategies for depression, the chronically ill, and older patients. It is intended for a multidisciplinary audience, including physicians, nurses, social workers, pharmacists and others interested in the health care of the elderly.

The program will be followed by a private reception and docent tour for conference attendees and their guests at the Asian Art Museum in Golden Gate Park. For more information, call Mary Henderson at 750-4170.

UCSF faculty and alumni reception in Boston

UCSF alumni and friends who are attending the American Association of Medical College (AAMC) conference in Boston next month are invited to a reception on Tuesday, November 1, from 6-8 p.m. The event will take place in the Cape Cod/Hyannis Room at the Boston Marriott Copley Hotel, 110 Huntington Ave., Boston. Call Valerie Margol or Sally Soper at 476-4723 for more information.

Gordon Tomkins Lecture and Concert

The annual Gordon Tomkins Lecture & Concert will be held on Thursday, November 10, from 3 to 5 p.m. in Cole Hall. Presented by the Department of Biochemistry & Biophysics, the lecture will feature Steven Pinker, a noted researcher in cognitive science, particularly visual cognition, language and language development in children. He will discuss "The Language Instinct," based on his recent book by the same name, which is about all aspects of language — how it works, how it is learned, how it changes, how it evolved and how it interacts with the rest of the human mind.

The concert will consist of two chamber music pieces — Mozart's *Quintet for Clarinet & Strings,* K.581 and Bela Bartok's *Duets for Clarinet & Violin.* See the next issue of *Newsbreak* for more details.

"Aging: An Equal Opportunity Process"

The next lecture in a series entitled "Exploring the Frontiers of Medicine" will be held on Thursday, November 10, from 12:30-1:30 p.m. at the Sheraton Palace Hotel, 2 Montgomery Street. Entitled, "Aging: An Equal Opportunity Process," the next lecture will feature Carroll Estes, director for Health & Aging; William Mobley, associate professor, neurology and pediatrics; and Stanley Prusiner, professor, neurology and biochemistry. This series of free public lectures features UCSF researchers discussing the latest medical discoveries. It is co-sponsored by Bay Area Bioscience Center. For further information, call (510) 874-1464.

Faculty development program for new and junior faculty

An information program for academic appointees has been planned by the Office of the Vice Chancellor, Academic Affairs, on Friday, November 11, from 3 to 5 p.m. in the Millberry Conference Center. The program is intended to acquaint new and junior faculty with the campus, the responsibilities and activities of the Academic Senate, the availability of research funds and the faculty review process.

Advanced graduate students, postdoctoral fellows and other interested academic appointees also are invited to attend.

Moderated by Keith R. Wilson, director, Faculty Relations, the program will include discussions by Chancellor Joseph Martin; Michael Stryker, new chair of Physiology (see page 3) and chair of the Graduate Council; Bradford Gibson, chair of the Senate Committee on Research; and Dorothy Bainton, vice chancellor, Academic Affairs. If you plan to attend, please notify Academic Affairs at 476-1881 no later than Friday, November 4.

UCSF Orchestra introduces new conductor

The UCSF Orchestra will have a special performance on Sunday, November 13, beginning at 4 p.m. in the Millberry Gym to introduce its new conductor Jeremy Swerling. Tickets are $4/6/8. Works of Dvorak, Suyk and Schumann will be performed. Open rehearsal will be held on Tuesday, November 8, in the Millberry Conference Center. For further information see the next issue of *Newsbreak* or call 476-6761.

"Music for Humanity"

Save Wednesday, November 16, at 7 p.m. for a special benefit concert to benefit Doctors Without Borders, an international aid organization based in Paris, which has sent over 2,000 doctors and nurses on emergency medical missions this year to Rwanda, Bosnia and India. The event, to be held in Cole Hall, will feature internationally known jazz pianists Denny Zeitlin (who also is a UCSF psychiatrist) and Francis Lockwood from France. Tickets at $25 general, $15 UCSF staff and faculty, $10 students/seniors/disabled and $8 UCSF students will be available at Millberry Central Desk beginning Monday, October 24. For further information see the next issue of *Newsbreak* or call 476-6761.

Chancellor reaches out to campus through e-mail

Chancellor Joseph Martin has taken a step forward into the electronic communication realm by quickly issuing timely messages to the campus community via UCSF's e-mail system. "I'm doing this on an experimental basis," says Martin. "I sincerely hope the messages will not be perceived as intrusive, and I welcome responses — both to the concept and the content." Martin adds that he will make every effort to respond personally to your feedback.

According to Ian Tuller, director of Campus Networking & Computing, to subscribe, send e-mail to LISTSERV@UCSFVM.UCSF.EDU and SUBSCRIBE CHAN-MSG plus your name. For example, if your name is Helene Jones, your message would be SUBSCRIBE CHAN-MSG HELENE JONES.

All users on UCSFVM, ITSA, and those with e-mail addresses in the campus telephone directory have automatically been subscribed to CHAN-MSG.

In addition to distribution via Listserv, the Chancellor's electronic messages are posted to the UCSFYI Gopher Server. To use the UCSFYI Gopher Service, access ITSA.UCSF.EDU from UCSFVM or ITSA or from a Gopher client on your workstation, select UCSF Campus Information, Chancellor's Electronic Messages.

For assistance on any of the above, contact the ITS Help Desk at 502-HELP or CONSULT!UCSFVM.UCSF.EDU.

New employee ID numbers coming

All employees will be assigned new employee ID numbers effective Monday, October 31. The new numbers will be nine digits beginning with the number 2. Your new number must be on all Payroll/Personnel forms. If you are paid biweekly, look for your new number on your earnings statement for 11/16/94. If you are paid monthly, look for your new number on the pay statement you'll receive on 12/1/94. The Payroll Office plans to send the new employee numbers to campus departments on Monday, October 31.

New employee guide available

An updated New Employee Handbook is available for $1.45 from the UCSF Storehouse. For the past three years, the handbook, written and published by the Development & Training Division of Staff Personnel Services, has served as a resource guide for new employees. But there is a wealth of information in the handbook that can be useful to all employees. To get a copy, call the Storehouse at 502-3008.

Fun Zone

Allen J. Balderson

One of the subdued scenes you'll see at the Pumpkin Eating Contest on October 31

$1,000 travel credit goes to big winner

What? You haven't joined the Halloween pumpkin carving or pie-eating contests yet?

Yes, we have our Nobel prize winners and our Lasker Award winners and our great medical and research advances, but what seems to attract just as much attention, of course in a different way, is UCSF's annual Halloween pumpkin carving and pie-eating contests, this year slated for Halloween day on Mon., Oct. 31, from 11:30 a.m. to 1:30 p.m. in the Millberry Gym.

Show your creative side by entering the pumpkin carving contest. The winner will receive a $1,000 travel credit courtesy of American Express Travel and American Airlines. Winners from satellite pumpkin carving contests also will be eligible for the "Grand Pumpkin" prize.

Show your disgusting I-can-shove-pie-down-my-throat side by entering the pie-eating contest. Both events are a lot of fun. If you've never entered, or never attended, you're in for a trick, or is it a treat?

Halloween celebrations at the satellite locations of MCB, Mount Zion, Executive Park, Oyster Point and SFGH also will be held on Mon., Oct. 31. Laurel Heights' celebration will be held three days earlier on Fri., Oct. 28. For more information and pumpkin carving and pie eating entry forms, call EMPACT! at 476-2675.

Waltz workshop

Come have fun or prepare for that special event with this convenient two-hour workshop. All levels welcome. Sat., Oct. 15, 5-7 p.m. To register or to get a complete class schedule, go to the Millberry Fitness Center, or call 476-1115.

Introduction to sea kayaking

Sign up now for this introductory class, which is suitable for first-time paddlers. Focus will be on basic strokes, equipment, tides and currents, rescues and emergency procedures. Students will paddle solo sea kayaks, and should be comfortable on the ocean. Cost: $120/135/140 (boats & camping fees included). Classroom session: Tues., Oct. 25, 6:30 p.m. Weekend practical: October 29-30. Call Outdoors Unlimited at 476-2078.

Ski cabins for rent

Four cabins at North and South Lake Tahoe are available for rental weekends and midweek, December through April. Cabins have modern kitchens equipped with microwaves, coffee makers, dishwashers, stoves and refrigerators. They have four bedrooms sleeping at least 12 people in beds, two and one half or three bathrooms, fireplaces and central heating. Both South Tahoe cabins are near Heavenly, one of them equipped with a Jacuzzi. Reservations already have begun for students, and will start Tues., Oct. 18, for Millberry members and OU volunteers; Wed., Oct. 19, for UCSF employees. Midweek rates: $145/155 per night. Weekend rates: $370/385. Call Outdoors Unlimited at 476-2078.

Beads: knotting & stringing

Learn basic techniques for making beautiful jewelry for yourself or as gifts. Thurs., Oct. 20, 6-8 p.m. To register or to get a complete class schedule, go to Millberry Fitness Center, or call 476-1115.

Stress help for busy people

Frantically busy these days? Time to learn how to recognize sources and signs of stress and do something about it. Free to UCSF and SFMG Health Net members. Mon., Oct. 24, 6-9 p.m. Call 476-1115.

Dreamcatchers

In the tradition of many Plains Indian Tribes, the dreamcatcher is a decorative hoop hung above the bed to bring sweet dreams. Learn how to create one of your own or make them for unique gifts. Tues., Oct. 25, 6-8:30 p.m. To register go to Millberry Fitness Center, or call 476-1115.

Fit talk

Learn the ABCs of exercise and nutrition at this discussion to include reducing dietary fat, low-fat options, and more. Free to UCSF and SFMG Health Net members. Wed., Nov. 2, 5:30-6:30 p.m. or Mon., Nov. 7, 6:30-7:30 p.m. Register at Millberry Fitness Center or call 476-3588.

Medical Call Board

Three asthma studies

• Patients with adult asthma and symptoms of gastroesophageal reflux (heartburn, regurgitation or chest pain) are needed to participate in a clinical study to evaluate the effects of a potent acid suppressant. The study medication — omeprazole — clinic visits, and all laboratory tests related to the study will be free. For further information call either Kenneth McQuaid or Richard Sperling at the VAMC Division of Gastroenterology, 750-2105.

• In another asthma study by the Asthma Clinical Research Network, patients with mild asthma are needed to study whether regular treatment with an inhaled beta-agonist drug actually worsens overall control of asthma, as a controversial study from New Zealand has proposed. Call 476-8494.

• In yet a third study, women with asthma are needed for a research study examining the risk factors of the condition. Funded by the National Institutes of Health, the study is an attempt to rectify the inadequare attention women's health issues have received. The study will be conducted in the Division of Allergy and Immunology. Eligible participants must be women between the ages of 18 and 40 who suffer from asthma symptoms at least weekly and do not smoke or take birth control pills. Call 476-0848, ext. 2.

Osteoporosis prevention

UCSF and VAMC researchers are seeking healthy men 65 and older for a study on preventing "senile" osteoporosis, a dangerous thinning of the bones that can afflict men and women as they age. Study participants will receive treatment with a hormone that preliminary studies suggest might help stop bone loss. Call 750-6928.

Nervous system study

Physicians are looking for men and women between 30 and 50 years of age who have no history of psychiatric or neurologic illness to participate in a study to determine the presence of certain inherited metabolic diseases which cause damage to the nervous system. Participation involves a single blood drawing (about one ounce) and psychological testing. Both the testing and blood drawing will take place at the VAMC. Participants must have graduated from high school. College and graduate school education are desirable. Call 750-6931.

Testing new diabetes drug

The Metabolic Research Unit is seeking individuals with adult onset diabetes whose blood sugar levels are too high despite diet, medication and insulin. Researchers hope to initiate research studies using a new oral medication which may help. Participants must be over 18 years of age and in good general health. Call 476-7265.

Crime Corner

Doctor impersonator on pediatric wards

On September 24, a white adult male impersonated a doctor on the Long Hospital Pediatric unit, where he was asking a juvenile several questions about herself. He stayed there until the juvenile pushed the nurse's button, and then he left, but returned an hour later. Staff on the floor then called the UCSF police about a suspicious person on the floor. The police were unable to find him, but did put out a safety alert bulletin, including one to UCSF/Mount Zion. On October 7, an individual matching the same description was seen in the UCSF/Mount Zion Pediatrics Department. He was asked what his business was there. He said that he was just looking around. He then left.

How to report suspicious activity

To report any suspicious activity in your area that you feel needs to be dealt with immediately, call 476-6911. If you have a suspicious activity that does not seem to pose an immediate threat that you would like to report anonymously, call the Crime Activities & Tips Campus Hot Line (CATCH) at 502-4382. This is a voice mail phone line designed to receive safety and potential crime concerns. All calls received are reviewed daily and investigated thoroughly.

Tips for car safety

• Always lock your car doors even when you will be gone for only a few minutes.
• Lock your doors when driving.
• Park in well-lighted areas and observe your surroundings.
• Always have your car and house keys in hand so you will not have to search for them.
• Keep your car in good working condition.
• If your car breaks down, use distress signals such as putting the hood up or setting up emergency flashers. Wait in the car for help with the doors locked. Be wary of accepting help from strangers.
• If you are followed by another car, honk your horn all the way to the nearest gas station, police or fire station, or lighted home.
• If someone threatens you while you are in your car, the doors should be locked already. Blow your horn in short bursts to attract attention.
• Do not pick up hitchhikers.

Four new police officers soon to be hired

Look to the next issues of *Newsbreak* for the announcement of the hiring of four new police officers to the UCSF force.

Medsounds Continued

United Way fundraising campaign begins

Whether it's helping to house the homeless, serving soup to seniors or pulling out non-native plants in parks, United Way wants to help UCSF build a healthier community.

Last month, UCSF campus and Medical Center employees participated in the "Week of Caring," an event that kicked off the United Way Campaign in the Bay Area. "It was very successful," says campaign coordinator Brenda Patterson of University Advancement & Planning.

Patricia Wong, a nurse manager who works in orthopaedics on 12 Long, was one of about 50 Medical Center employees who helped serve food to seniors at Stern Grove. "I really didn't know what to expect, but it really lightened my spirits," Wong says. "In the group that I went with, we all agreed that we got more out of the experience than we put into it."

On Monday, October 24, UCSF will begin the second part of its campaign with a campuswide plea for monetary contributions. UCSF employees will receive a form and brochures through campus mail asking for donations.

Patterson encourages UCSF employees to dig deep into their pockets to help support worthy causes. "Our contributions are way down compared to two years ago," she reports.

For more information on the United Way Campaign, call Patterson at 476-8055.

Lisa Cisneros

During the "Week of Caring," Paul Dinauer, a financial analyst for the Medical Center, serves a meal to a San Francisco senior at the annual senior picnic in Stern Grove.

Auxiliary seeks members, holds drawing

The Hospitals Auxiliary of the Medical Center at UCSF is conducting its annual membership campaign.

All new members and those who renew their membership will be eligible for a chance at a drawing for a trip anywhere in the US.

American Express has donated two domestic round trip tickets on American Airlines as an incentive to increase interest in the Hospitals Auxiliary's membership campaign.

Only members of the Hospitals Auxiliary are eligible for the drawing. Membership applications must be postmarked by the deadline, Wednesday, November 9, at 5 p.m.

Chances to win two domestic round trip tickets on American Airlines are as follows:

- Renewing a membership gives one chance to win.
- Additional donation to the auxiliary of $25 or more over last year's amount or upgrade in a membership category gives one more chance. The basic membership fee is $15.
- Recruiting a new member gives one additional chance for each new member recruited. The more new members recruited, the more chances there are to win.

The drawing will take place on Wednesday, November 16. The winner will be announced in *Newsbreak/Medsounds*.

For more information, call Teru Hirano at 476-4906.

Nurses *(from page 8)*

For the past five years, program faculty and administrators from the School of Nursing's three clinical departments have been cooperating to develop a new, expanded curriculum in primary care, the Primary Health Care Nurse Practitioner Program. Supported by a federal government grant of $750,000 from the Health Resource Services Administration (HRSA), Bureau of Health Professions Division of Nursing, the School offers the Primary Care core curriculum, which is team-taught to students in several nursing specialties, including pediatrics, women's health, family practice, occupational health, adult health, gerontology and others.

"We've doubled our enrollment since 1989," Gilliss reports of the primary care program. "This coming year we will graduate 125 students, compared to 110 last year and only 55 graduates a few years ago."

Gilliss says getting the departments to work together to develop a comprehensive primary care training program was no easy accomplishment. "It's easier to have control over one department and to work individually rather than cooperate," she says. "But by working together with other departments we accomplished a lot. We think it's a model for other disciplines."

The School of Nursing is currently in the second year of the three-year federal grant, but its efforts in primary care training won't end when the money does. However, additional state or federal support for programs is crucial. The School likely will rely more on its revenue-generating clinical practices, including the UCSF Valencia Pediatrics practice in the Mission District, the Young Women's Clinic on the Parnassus Heights campus, the women's primary care clinics at the Hastings School of Law and the family planning clinic at San Francisco City College. All these practices provide intensive hands-on training to nursing students preparing for primary care careers.

"We have a high level of interest to begin to explore with our colleagues in medicine and dentistry other primary care opportunities," Gilliss says. "We're their long-term partners and primary care is best delivered in collaborative teams."

UCSF's Primary Health Care Nurse Practitioner Program received an honorable mention for excellence in education last month at the National Primary Care Conference in Dallas. The honorable mention was one of the Primary Care Achievement Awards given for education, patient care and research by The Pew Charitable Trusts in cooperation with the US Public Health Service, Pew Health Professions Commission and Primary Care Organizations Network.

"In recognizing achievement in primary care, The Pew Charitable Trusts hope to enhance public awareness and appreciation of primary care as the foundation of an accessible, affordable, high-quality health care system," says Liz Snead, a spokesperson for Pew Charitable Trusts. "Winners are selected for their clear and steadfast commitment to primary care, and for their innovation, rigor, impact and ongoing influence."

Catherine Gilliss, chair of UCSF's Department of Family Health Care Nursing (second from left) accepts an honorable mention award from Surgeon General Joycelyn Elders last month at the 1994 National Primary Care Conference in Dallas while, Edward O'Neil, executive director of the Pew Health Professions Commission and director of the UCSF Center for the Health Professions (left) and Fitzhugh Mullan, director of the Bureau of Health Professions, look on. Gilliss accepted the award given to UCSF's School of Nursing Primary Health Care Nurse Practitioner Program.

Breast cancer *(from page 8)*

grown large enough to be detected by X-rays or through a physical examination, it's probably already causing health problems — and it may have released cancer cells that can spread, or metastasize, to other parts of the body," he says.

The advantages of self-examining breasts are still being studied, but many doctors recommend that women check their breasts at least monthly.

The American Cancer Society recommends that women have a mammography every year or two between the ages of 40 and 49 and yearly thereafter. Mammography, a low-dose X-ray imaging of the breasts which emits about the same amount of radiation received during a transcontinental airplane flight, can detect cancers a year or more before a lump can be felt, doctors say.

"There is a wealth of scientific evidence that consistently indicates the life-saving and breast-sparing benefits of screening for women age 50 and older," says Ed Sickles, chief of breast imaging at UCSF. "Current studies show that breast cancer deaths can be reduced by about 30 percent."

Laura Esserman, surgical oncologist and co-director of the Breast Care Center, says the US can do a better job preventing breast cancer. Compared to Sweden, where 78 percent of all women have been screened at the cost of $4.4 billion, only 40 percent of American women have been screened at the cost of $7.5 billion, she says. "In addition, 90 percent of what Swedes biopsy is cancer compared to 10 to 20 percent of what we biopsy. There are times where the less costly care is the best care."

Virginia Ernster, professor and chair of epidemiology and biostatistics, shares the viewpoint that the quality and cost-effectiveness of mammography can be improved. She is the principal investigator on a project to establish a computerized and standardized registry that should link all facilities in San Francisco that perform mammograms to screen for breast cancer. *(See story in next issue of* Medsounds.)

Treating breast cancer

While recent studies find a hereditary gene can make a woman more susceptible to breast cancer and that exercise — just two to four hours a week — can reduce a woman's chance of getting breast cancer, standard treatments for the disease still include surgery, radiation and chemotherapy.

Some of the breast cancer research and treatment highlights happening at UCSF include:

- Hormonal therapy: UCSF is participating in an investigational study being conducted by the National Cancer Institute of the anti-estrogen drug Tamoxifen. It shows promise of holding cancer cells in check to prevent breast cancer in women at high risk and as the primary treatment for those patients who cannot have or refuse surgery.
- Autologous bone marrow transplants (ABMT): Use of the ABMT for metastatic cancer patients is being offered on an experimental basis at UCSF. A patient's own blood-stem cells are cleansed of cancer cells. Clinical trials are trying to determine if ABMT offers an increased chance of long-term disease control and survival.
- Gene therapy: UCSF hosts clinical trials of HER2/*neu* antibody, which interferes with the protein that is overproduced by the HER2/*neu* oncogene, a cell that divides uncontrollably. By combining this antibody with standard breast cancer drugs, it's possible researchers will find a new tumor-cell killing therapy.

Lisa Cisneros

Laura Esserman

Primary *(from page 8)*

sors tend to devalue generalized medicine with negative feedback.

Still, the job market is wide open for primary care physicians, Pepper said. Second-year residents can be swamped with hundreds of job offers, although salaries for primary care doctors are lower than that of specialists.

Flanagan told the crowd of students, "following your heart, that's the best way to make your decision" about what career to choose.

Most of the doctors on the panel say their decision to pursue a primary care career came about because they wanted to make a long-term commitment to comprehensive, continual care for their patients and their families.

"We recognize really early that we have to be a physician for the whole family while focusing on children," said Miller, a pediatrician. Children's health is often complicated by social problems of violence, homelessness, drugs and AIDS, she said.

Asked what advice he would give students, Baron replied, "Learn medicine from your patients. Pay attention to them and they will teach you what you need to learn."

Most students attending the forum were first-year students, but about a quarter were second-year students, including Runako, Whittaker and Henry Youga. Both are leaning toward primary care careers.

"I love working with kids," said Whittaker, adding that she has wanted to be a pediatrician since high school.

Youga is interested in being a rural family practice physician, but he said it's too early in his education to be certain that's what he'll do. He said there is a big push toward primary care during the first and second years of medical school, but as the classes get more advanced, students are exposed to tertiary care services, which may draw them into specialties.

National Primary Care Day was co-sponsored by the Association of American Medical Colleges Office of Generalist Physician Programs.

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UCSF Medsounds

Page 1 ... UCSF genetics expert gets $6.1 million grant for sickle cell research

Page 1 ... Physicians debate single-payer initiative

Page 3 ... Lead testing van on the road

Medsounds is a section of *Newsbreak* for and about employees of the Medical Center, including Moffitt-Long, the ACC, UCSF/Mount Zion and Medical Center employees at Mission Center and Laurel Heights.

Breast cancer lecture

Surgeon Laura Esserman, co-director of the UCSF/Mount Zion Breast Care Center, will present a free lecture entitled, "Controversies in Mammography and New Treatments in Breast Cancer," on Wednesday, October 19, from 1 to 2 p.m. at Herbst Hall at the UCSF/Mount Zion Medical Center. For more information, call 476-4394.

"Race for the Cure"

The UCSF/Mount Zion Cancer Center is one of the local sponsors of the "Race for the Cure" Day, a 5K fitness run or 1-mile walk slated for Sunday, October 23, at Sharon Meadow in Golden Gate Park.

Registration starts at 7 a.m. with the run beginning at 8:30 a.m. and walk starting at 8:45 a.m. All breast cancer survivors are invited to participate in a recognition ceremony on stage at about 10 a.m. The race is just one of 46 events held throughout the nation to raise money for breast cancer research, education and screening for medically underserved women. To register by phone, call 1-800-698-8699.

Support group meets

The UCSF/Mount Zion Cancer Center offers a free support group for women who have been diagnosed with breast cancer within the past three months. Called "Directions," the group will meet weekly on Wednesday evenings from 5 to 6:30 p.m. starting October 26. The center is located at 2356 Sutter St. For information and to register call 885-3693 or 885-7498.

Testing van travels

The UCSF Mobile Mammography Van, which screens 10,000 women annually, will offer low-cost screening at several locations in San Francisco. The only requirement is that women must bring the name, address and phone number of their physician to ensure results are mailed promptly. The sites are as follows:

- Friday, October 21: UCSF/Mount Zion Lakeside Senior Medical Center, 2501 Ocean Ave., 9 a.m. to 2:45 p.m. Fee is $60. Appointment is necessary. Call 476-2193.
- Sunday, October 23: "Race for the Cure Day," at Sharon Meadow in Golden Gate Park, 8 a.m. to noon. Fee is $60. No appointment necessary.
- Thursday, October 27: Mission Neighborhood Health Center, 240 Shotwell, 9 a.m. to 3 p.m. To make an appointment and for fee information, call 552-3870.

National Breast Cancer Awareness Month

UCSF: Leading the fight against breast cancer

By LISA CISNEROS

Breast cancer is not commonly considered to be a health threat to men, but US statistics show that some 1,000 are diagnosed and 300 die annually from the disease.

That's the sort of information about the epidemic that surfaces during October, National Breast Cancer Awareness Month.

Of course, the death toll for American women who die of breast cancer — nearly 50,000 a year — is much higher than that of men and the number of breast cancer cases has been growing steadily by about two percent a year, experts say. Reasons for the rise are attributed to the widespread use of mammography to diagnose the disease and unhealthy dietary habits including the over consumption of high-fat foods and alcohol.

The causes of breast cancer are unknown although a number of factors including genetics and personal history play a part. To learn more about the disease that keeps on killing, or do something to help prevent it, see the adjacent sidebar for UCSF-sponsored events.

The Breast Care Center at UCSF/Mount Zion is considered one of the nation's leading programs for its rapid diagnosis and comprehensive treatment of breast cancer. Breast cancer patients are seen by a multidisciplinary team of specialists in radiology, medical oncology, surgery and psychology. As with all cancer patient care programs, the Breast Care Center is tied directly to clinical research to ensure that patients receive the latest treatments based upon research findings.

The Breast Clinic at San Francisco General Hospital provides "one-stop shopping" for breast cancer patients who can meet with surgeons, medical oncologists and pathologists. The clinic's social workers are bilingual in Cantonese and Spanish and help conduct cancer support groups.

And, of course, Moffitt/Long remains one of the country's leading centers for breast cancer screening and treatment.

Detecting breast cancer

As in any cancer, treatment of breast cancer is most successful when it's discovered as soon as possible, explains Ernest Rosenbaum, associate chief of medicine and oncologist at UCSF/Mount Zion Medical Center. "Unfortunately, by the time a tumor has

(See **BREAST CANCER** *on page 7)*

Breast Cancer Risk Factors

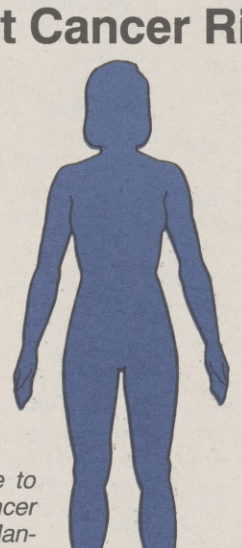
Low Risk

First-term pregnancy under age 18

Early menopause

Surgical removal of ovaries before age 37

High-fiber, low-fat diet



High Risk

Family history of breast cancer

Carrier of familial breast cancer gene

Never pregnant or first pregnant after age 30

Early onset of menstruation

Late onset of menopause

Excessive radiation*

Obesity with high fat intake

Very High Risk

Personal history of breast cancer

Source: *Everyone's Guide to Cancer Therapy: How Cancer is Diagnosed, Treated and Managed Day to Day,* by Malin Dollinger, Ernest Rosenbaum and Greg Cable.

(*Mammography not considered risk factor)

UCSF physicians share pleasures of primary care practice

By LISA CISNEROS

Robert Baron likens his career as a primary care doctor to being a quarterback in the health care field.

Continuing the sports analogy, Baron said he enjoys being on the offensive against disease: working toward prevention, early detection and promotion of health care.

Director of the Primary Care Internal Medicine Residency Training Program at the Medical Center, Baron was one of five UCSF primary care physicians to speak about their jobs during a panel discussion at Cole Hall September 28. The forum was one of several activities sponsored in part by the School of Medicine to celebrate National Primary Care Day, held to encourage student interest in primary care careers.

Other panelists included David Pepper, a family practice physician teaching in Fresno; Carol Miller, a pediatrician and clinical director of the well baby nursery at UCSF/Mount Zion; Teresa Villela, associate director of family community medicine at SFGH; and Tracy Flanagan, director of outpatient obstetrics at Parnassus Heights.

"We don't have enough primary care doctors," said Pepper. The nation's over reliance on specialists contributes to both the high cost of and poor access to health care, he said.

"It's less clear whether there is a shortage of primary care doctors," Baron explained, but certainly the maldistribution of primary care doctors has prompted a national push to produce more.

For Flanagan, the question remains where obstetrics/gynecology fits into the health care picture. "Are we primary care or are we specialists or are we both?" Obstetricians provide primary care for pregnant women while gynecologists do less primary care and deliver more women's health care.

Wherever the practice fits in, Flanagan said the many hours she devotes to her job is very rewarding, especially during deliveries. "One of the most wonderful things about obstetrics is the spirituality of it," she said. "I really think that birth is truly a miracle."

"What I like least about primary care is that interactions with specialists are challenging," Baron said. "The world would be a better place with fewer specialists and more generalists. Obviously, we need some of them, we just don't need so many of them."

With the trend toward managed health care to control costs, the rift between primary care physicians and specialists is real and some panelists believe it will get worse before it gets better. "It's pretty cutthroat," Flanagan said. "A lot of this animosity has to do with survival. It's unfortunate because we all should be working together."

Speaking from personal experience as a former student, Pepper said medical profes-

(See **PRIMARY** *on page 7)*

October: Physical Therapy Month

During the month of October, physical therapists at UCSF/Mount Zion will be celebrating National Physical Therapy Month by promoting good posture and body mechanics.

The theme for the month, "Posture Yourself for Good Health," emphasizes the positive effect correct posture can have on overall health. Improving posture, whether sitting, standing, walking or lifting can help to prevent chronic pain, reduce fatigue and promote endurance, says Mary Jo Potts, a physical therapist at UCSF/Mount Zion.

The Physical Therapy Department at UCSF/Mount Zion will host a number of demonstrations for staff and will provide information about body mechanics to the public. Look for fliers for more details.

National Physical Therapy Month is recognized by the American Physical Therapy Association, which represents more than 60,000 physical therapists, physical therapy assistants and students.

Lisa Cisneros

David Pepper, a family practice physician and professor at UCSF's Fresno education program, makes a point while pediatrician Carol Miller, director of the well baby nursey at the UCSF/Mount Zion Medical Center, listens.

Nurses play major role in primary care

By LISA CISNEROS

Nurses have played a major role in delivering primary care even before there was political and economic pressure to do so.

"We have responded very strongly to the need for more primary care," says Catherine Gilliss, associate professor and chair of UCSF's Department of Family Health Care Nursing. "We were ahead of the call. We have good relations with people in Washington."

UCSF's School of Nursing, the largest primary care nursing program in the US, has been preparing students for primary care careers in its three clinical departments (Family Health Care Nursing, Mental Health, Community and Administration Nursing and Physiological Nursing). Even its Social and Behavioral Sciences Department is evaluating outcomes research to better evaluate patient care services, a critical component in managed health care systems.

(See **NURSES** *on page 7)*